

General Equipment list:

- Pair of sturdy shoes or hiking boots - already worn in
- Socks – 2-3 pairs. 2 pairs wool hiking socks if possible.
- Underwear – 2-3 pairs
- Bras – 2-3 sports or hiking bras
- Shorts – 1-2 pairs
- Swimsuit
- Warm pants 1 pair – fleece is best.

- T- Shirts – 2-3
- Long-sleeve shirt – lightweight
- Long-underwear
- Jacket or sweatshirt – warm and light.*
- Raingear*
- Beanie - wool is best
- Sun Hat
- Sunglasses
- Sunscreen
- Chapstick
- Toothbrush
- Toothpaste
- Floss
- Flashlight

Backpacking Equipment List:

- Backpack – make sure it fits.*
- Sleeping Bag – is it warm enough?
- Sleeping Pad*
- Ground Cloth - Nylon or Plastic Sheet 7' by 4' (a cheap poncho works great!) *
- 2 one-liter water bottles (or camelback plus 1 bottle)
- Bowl and/or cup.
- Spoon
- Extra shoes – lightweight (no opened toed!)
- Other gear included in general equipment

Optional:

- Backpacking towel or sarong
- Camera (non-cell phone)
- Light Book
- Journal
- Writing Materials
- Lightweight Crafts
- Insect Repellent
- Hairbrush
- Pocket Knife
- Cards

Do NOT Bring on the trail:

- DENIM (jean material)
- Avoid Cotton when possible
- Large Towels
- Heavy and Bulky Clothing
- Pillows
- Deodorant
- Soap/Shampoo/Conditioner
- Full Mess Kits

Remember what you bring you have to carry, so be kind to yourself and pack light.

*Fieldguides has equipment to loan out to participants who need it, including:

- Backpacks
- Sleeping Pads
- Ground Cloths
- Fleece Jackets
- Rain Jackets

There is no cost to rent gear.

Covid-19 Safety Equipment:

- **Required: facemask**
- Optional: personal tent (shared tarps/tents are provided)
- Optional: individual hand sanitizer (we will have sanitizer for the group)
- Optional: individual trowel (we will have a group trowel with sanitizing wipes available)

